

IYENGAR YOGA CENTRE FOR ESSEX

England & Wales · Charity number 1161362

Details

Other names IYCE

Status Registered

Legal form CIO

Registered 2015-04-21

Register [View on the Charity Commission register](#)

Contact

Address Iyce
154 Long Brandocks
Writtle
Chelmsford
CM1 3JR

Phone 07460 101510

Email info@iyce.com

Website iyce.com

Activities

Objects: TO PROMOTE AND ADVANCE PUBLIC EDUCATION AND UNDERSTANDING OF CLASSICAL TEACHINGS OF THE ART, SCIENCE, CULTURE AND PHILOSOPHY OF YOGA IN ESSEX. TO PROMOTE AND ADVANCE, FOR PUBLIC BENEFIT, THE STUDY AND PRACTICE, AND RESEARCH INTO, THE THERAPEUTIC EFFECTS OF YOGA TO IMPROVE PHYSICAL, MENTAL, EMOTIONAL AND SPIRITUAL HEALTH AND ALLEVIATE SUFFERING. TO EMPLOY THE METHODS AND SYSTEMS OF TEACHING, TEACHER TRAINING AND REMEDIAL (THERAPEUTIC) YOGA DEVELOPED AND REFINED BY IYENGAR YOGA. TO OPERATE WITHIN AND PROMOTE A CULTURE OF SERVICE TO OTHERS AND THE ETHICAL VALUES OF YOGA, NAMELY NON-VIOLENCE, TRUTHFULNESS, NON-STEALING, CONTINENCE AND NON-HOARDING.

Activities: IYCE provides Iyengar Yoga classes, workshops, yoga days & courses for beginners, general & intermediate level students. Also classes for people with health problems. Initial Teacher Training is available through our mentoring system. Qualified Iyengar Yoga Teachers may also be mentored towards next level certificate. Iyengar Yoga helps improve physical, mental, emotional and spiritual health.

Classification

- **How:** Provides Services, Sponsors Or Undertakes Research
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Arts/culture/heritage/science, Amateur Sport, Human Rights/religious Or Racial Harmony/equality Or Diversity, Recreation
- **Who:** The General Public/mankind

Geography

- Essex

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£12,760	£11,044	-	-
2024-03-31	£5,697	£5,162	-	-
2023-03-31	£6,273	£3,957	-	-
2022-03-31	£3,549	£3,150	-	-
2021-03-31	£1,941	£1,281	-	-

Trustees

Name	Role	Appointed
Ajipeleka Giddings		2024-04-21
MICHELLE GALLIANO		2025-04-27
SUSAN JANE LONG		2026-04-12
Sandra Hitchcock		2025-04-27
Sharon Murphy		2025-04-27
Sophie Reynolds		2024-04-21
Stephannie Percy		2025-04-27
Vashti Tara Davis Miss		2023-10-22

IYENGAR YOGA CENTRE FOR ESSEX

England & Wales - Charity number 1161362

Accounts



Trustees' Annual Report for the period

From	Period start date		Period end date			
	Day 01	Month 04 To	Year 2024	Day 31	Month 03	Year 2025

Section A Reference and administration details

Charity name

IYENGAR YOGA CENTRE for ESSEX

Other names charity is known by

IYCE

Registered charity number (if any)

1161362

Charity's principal address

154 Long Brandocks

Writtle

Chelmsford

Postcode
CM1 3JR

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Susan Jane Long	Chair		
2	Vashti Davis	Secretary		

3	Claire Elizabeth Hanrahan			
4	Sophie Reynolds			
5	Agipelika Giddings			
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20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document
(eg. trust deed, constitution)

FOUNDATION CONSTITUTION

How the charity is constituted
(eg. trust, association, company)

CIO

Trustee selection methods
(eg. appointed by, elected by)

ELECTED BY EXISTING TRUSTEES - MUST BE A QUALIFIED AND REGISTERED IYENGAR YOGA TEACHER

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

IYCE REMAINED AN AFFILIATED CENTRE TO IYENGAR YOGA (UK),
THE NATIONAL IYENGAR YOGA ORGANISATION

Section C

Objectives and activities

Summary of the objects of the charity set out in its governing document

To advance public education and understanding of the classical teachings of all aspects of Iyengar yoga in Essex including the study and practice of therapeutic effects of yoga as a means of improving physical, mental, emotional and spiritual health.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

To promote public education

Workshops and yoga events designed to provide an opportunity for students of various levels to learn, experience, and deepen their understanding of Iyengar Yoga.

General information about Iyengar Yoga for members of the public and information about classes in Essex is available on the IYCE website.

Information requested by members of the public was provided by email, text and telephone. It included advising individuals about appropriate classes taking account of their yoga experience, or lack of it, and any health problems they had. Individual students were provided with advice and information by email and telephone.

Information is also provided on social media platforms.

Support the training of potential new Iyengar Yoga Teachers and the ongoing support of existing Iyengar Yoga Teachers.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grant making;
- policy programme related investment;
- contribution made by volunteers.

The events organised this year were as follows –

- Yoga Day with Pixie Lillas Senior Teacher from Australia June 2024
- Exchange of Learning Day (Professional Development Day for teachers) with Susan Long in September 2024
- Yoga Weekend with Jayne Orton, Advanced Teacher, October 2024
- National Iyengar Yoga Day events- including free trial classes in Chelmsford, Felsted, Highwood and General Class and Restorative Class in Highwood. These classes were taught by Essex Teachers Claire Hanrahan, Agipelika Giddings, Denise Mehlman, Michelle Galliano and Susan Long
- Yoga Weekend with Lydia Holmes and Edgar Stringer March 2025

The Teachers' Support Group continued throughout the year.



Section D

Achievements and performance

Summary of the main achievements of the charity during the year

- 1 Provision of workshops and yoga events – see above
- 2 Provision of advice and information about Iyengar Yoga to members of the public – see above

Section E

Financial review

Brief statement of the charity's policy on reserves

Opening balance at the start of the financial year £34,112
Balance Financial Year end £35,828

Reserves will be used to further charitable objects

Details of any funds materially in deficit

Not applicable

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

IYCE Supporters receive information about Iyengar Yoga in Essex. There is no subscription for this.

Section F

Other optional information

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Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

S J Long

S J Percy

Full name(s)

Susan Jane Long

Stephannie Percy

Position (eg Secretary, Chair, etc)

Chair

Treasurer

Date May 2025



Receipts and payments accounts

For the period
from

Period start date

1/4/24

To

Period end date

31/3/25

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds
	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts				
WORKSHOP DONATIONS	8,918	-	-	8,918
DONATIONS	75	-	-	75
EQUIPMENT	1,199	-	-	1,199
T-SHIRTS	2,568	-	-	2,568
FUNDRAISING - OTHER CHARITIES	- 0	-	-	-
OTHER	- 0	-	-	-
	- 0	-	-	-
Sub total (Gross income for AR)	12,760	-	-	12,760
A2 Asset and investment sales, (see table).				
	- 0	- 0	- 0	-
	- 0	- 0	- 0	-
Sub total	- 0	- 0	- 0	-
Total receipts	12,760	- 0	- 0	12,760
A3 Payments				
EQUIPMENT	902	-	-	902
T-SHIRTS	2,909	-	-	2,909
HALL FEES	1,656	-	-	1,656
TEACHER FEES	4,299	-	-	4,299
REFRESHMENTS	268	-	-	268
TEACHER HALL FEES	82	-	-	82
AFFILIATED FEES	10	-	-	10
REPAYMENT/REFUNDS	205	-	-	205
FIRST AID COURSE	714	-	-	714
FUNDRAISING - OTHER CHARITIES	- 0	-	-	-
GOOGLE INVOICES	- 0	-	-	-
OTHER	- 0	-	-	-
Sub total	11,045	-	-	11,045
A4 Asset and investment purchases, (see table)				
	- 0	- 0	- 0	-
	- 0	- 0	- 0	-
Sub total	- 0	- 0	- 0	-
Total payments	11,045	- 0	- 0	11,045
Net of receipts/(payments)	1,715	-	-	1,715
A5 Transfers between funds	- 0	-	-	-
A6 Cash funds last year end	31,471	2,642	-	34,113
Cash funds this year end	33,186	2,642	-	35,828

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
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B1 Cash funds	LLOYDS BANK	33,186	2,642
		-	-
		-	-
	Total cash funds	33,186	2,642
	(agree balances with receipts and payments account(s))	OK	OK
		Unrestricted funds	Restricted funds
	Details	to nearest £	to nearest £
B2 Other monetary assets		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
	Details	Fund to which asset belongs	Cost (optional)
B3 Investment assets			-
			-
			-
			-
			-
	Details	Fund to which asset belongs	Cost (optional)
B4 Assets retained for the charity's own use			-
			-
			-
			-
			-
			-
			-
			-
			-
	Details	Fund to which liability relates	Amount due (optional)
B5 Liabilities			-
			-
			-
			-
			-
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	
	STEPHANNIE PERCY	STEPHANNIE PERCY	

CC16a
Last year
to the nearest £
2,750
418
384
-
2,100
45
-
-
5,697
-
- 0
5,697
667
625
980
-
-
-
-
2,048
72
770
5,162
-
5,162
535
-
-
535
Endowment funds
to nearest £

-
-
-
-
OK
Endowment funds
to nearest £
-
-
-
-
-
-
Current value (optional)
-
-
-
-
-
Current value (optional)
-
-
-
-
-
-
-
-
-
When due (optional)
Date of approval

IYENGAR YOGA CENTRE FOR ESSEX

England & Wales - Charity number 1161362

Accounts



Trustees' Annual Report for the period

Period start date			Period end date		
Day	Month	Year	Day	Month	Year
01	04	2023	31	03	2024

From **To**

Section A Reference and administration details

Charity name IYENGAR YOGA CENTRE for ESSEX

Other names charity is known by IYCE

Registered charity number (if any) 1161362

Charity's principal address

154 Long Brandocks
 Writtle
 Chelmsford
Postcode CM1 3JR

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Susan Jane Long	Chair		
2	Vashti Davis		From October 2023 -	
3	Claire Elizabeth Hanrahan			
4	Sharon Murphy	Secretary		
5	Michelle Galliano			
6	Nicola Jane Hollas			
7	Stephannie Percy	Treasurer		
8	Sandra Hitchcock			
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20			

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser Name Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	FOUNDATION CONSTITUTION
How the charity is constituted (eg. trust, association, company)	CIO
Trustee selection methods (eg. appointed by, elected by)	ELECTED BY EXISTING TRUSTEES - MUST BE A QUALIFIED AND REGISTERED IYENGAR YOGA TEACHER

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related

IYCE REMAINED AN AFFILIATED CENTRE TO IYENGAR YOGA (UK), THE NATIONAL IYENGAR YOGA ORGANISATION

- parties;
- trustees' consideration of major risks and the system and procedures to manage them.



Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

To advance public education and understanding of the classical teachings of all aspects of Iyengar yoga in Essex including the study and practice of therapeutic effects of yoga as a means of improving physical, mental, emotional and spiritual health.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

To promote public education

Workshops and yoga events designed to provide an opportunity for students of various levels to learn, experience, and deepen their understanding of Iyengar Yoga.

General information about Iyengar Yoga for members of the public and information about classes in Essex is available on the IYCE website.

Information requested by members of the public was provided by email, text and telephone. It included advising individuals about appropriate classes taking account of their yoga experience, or lack of it, and any health problems they had. Individual students were provided with advice and information by email and telephone.

Information is also provided on social media platforms.

Support the training of potential new Iyengar Yoga Teachers and the ongoing support of existing Iyengar Yoga Teachers.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grant making;
- policy programme related investment;
- contribution made by volunteers.

The events organised this year were as follows –

- A teachers Professional Development Day for teachers with Susan Long in September 2023
- A Yoga Day with Judi Sweeting and Tig Whattler in October 2023
- Free classes were held in Chelmsford, Highwood and Orsett to mark National Iyengar Yoga day in January 2024
- A Yoga Day with Nikki Hollas and Sandra Hitchcock in March 2024

The two students preparing to become teachers through the mentoring programme took their assessment in Edinburgh in December 2023. We have two more qualified teachers in Essex.

The Teachers' Support Group continued throughout the year.

In addition three of the Trustees taught a yoga day to help raise funds for other charities:

- A day with Susan Long for the Turkiye/Syria Earthquake Appeal in April 2023
- A day with Nikki Hollas and Sandra Hitchcock for the Unstoppable Foundation on 10 March 2024

Section D

Achievements and performance

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

- 1 Provision of workshops and yoga events – see above
- 2 Provision of advice and information about Iyengar Yoga to members of the public – see above

Section E

Financial review

Brief statement of the charity's policy on reserves

Opening balance at the start of the financial year £33,578
Balance Financial Year end £34,112

Reserves will be used to further charitable objects

Details of any funds materially in deficit

Not applicable

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

IYCE Supporters receive information about Iyengar Yoga in Essex. There is no subscription for this.

Section F Other optional information

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Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	S J Long	S J Percy
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Full name(s)	Susan Jane Long	Stephannie Percy
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Position (eg Secretary, Chair, etc)	Chair	Treasurer
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Date	April 2024
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CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
IYENGAR YOGA CENTRE FOR ESSEX

No (if any)
1161362

Receipts and payments accounts

CC16a

For the period
from
11/4/23

Period start date

To

Period end date
31/3/24

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
EQUIPMENT	384-00	-	-	384-	-
WORKSHOP DONATIONS	2750-00	-	-	2750-	-
DONATIONS	418-00	-	-	418-	-
FUNDRAISING OTHER CHARITIES	2100-00	-	-	2100-	-
OTHER	45-00	-	-	45-	-
	-0	-	-	-	-
	-0	-	-	-	-
	-0	-	-	-	-
Sub total (Gross income for AR)	5697-00	-	-	5697-	-
A2 Asset and investment sales, (see table).					
	-0	-0	-0	-	-
	-0	-0	-0	-	-0
Sub total	-0	-0	-0	-	-0
Total receipts	-0	-0	-0	-	-0
A3 Payments					
EQUIPMENT	667-00	-	-	667-	-
HALL FEES	625-00	-	-	625-	-
TEACHER FEES	980-00	-	-	980-	-
FUNDRAISING- OTHER CHARITIES	2048-00	-	-	2048-	-
GOOGLE INVOICES	72-00	-	-	72-	-
OTHER	770-00	-	-	770-	-
	-0	-	-	-	-
	-0	-	-	-	-
	-0	-	-	-	-
Sub total	5162-00	-	-	5162-	-
A4 Asset and investment purchases, (see table)					
	-0	-0	-0	-	-
	-0	-0	-0	-	-
Sub total	-0	-0	-0	-	-0
Total payments	-0	-0	-0	-	-0
Net of receipts/(payments)	-0	-	-	-	-
A5 Transfers between funds	-0	-	-	-	-
A6 Cash funds last year end	30936-00	2642-	-	33578-	-
Cash funds this year end	31471-00	2642-	-	34113-	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	LLOYDS BANK	31471-	2642-	-
		-	-	-

IYENGAR YOGA CENTRE FOR ESSEX

England & Wales - Charity number 1161362

Accounts



Trustees' Annual Report for the period

Period start date			Period end date		
Day	Month	Year	Day	Month	Year
01	04	2022	31	03	2023

From

To

Section A Reference and administration details

Charity name

IYENGAR YOGA CENTRE for ESSEX

Other names charity is known by

IYCE

Registered charity number (if any)

1161362

Charity's principal address

154 Long Brandocks	
Writtle	
Chelmsford	
Postcode	CM1 3JR

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Susan Jane Long	Chair		
2	Michael Paul Brown		1.4.22 – 31.7.22	
3	Claire Elizabeth Hanrahan			
4	Sharon Murphy	Secretary		
5	Michelle Galliano			
6	Nicola Jane Hollas			
7	Stephannie Percy	Treasurer		
8	Sandra Hitchcock			
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20			

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser Name Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	FOUNDATION CONSTITUTION
How the charity is constituted (eg. trust, association, company)	CIO
Trustee selection methods (eg. appointed by, elected by)	ELECTED BY EXISTING TRUSTEES - MUST BE A QUALIFIED AND REGISTERED IYENGAR YOGA TEACHER

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related

IYCE REMAINED AN AFFILIATED CENTRE TO IYENGAR YOGA (UK), THE NATIONAL IYENGAR YOGA ORGANISATION

- parties;
- trustees' consideration of major risks and the system and procedures to manage them.



Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

To advance public education and understanding of the classical teachings of all aspects of Iyengar yoga in Essex including the study and practice of therapeutic effects of yoga as a means of improving physical, mental, emotional and spiritual health.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

1) To promote public education
Workshops and yoga events designed to provide an opportunity for students of various levels to learn, experience, and deepen their understanding of Iyengar Yoga were limited to online events due to Covid restrictions.

General information about Iyengar Yoga for members of the public and information about classes in Essex is available on the IYCE website. Information requested by members of the public was provided by email, text and telephone. It included advising individuals about appropriate classes taking account of their yoga experience, or lack of it, and any health problems they had. Individual students were provided with advice and information by email and telephone.

2) Provision of dedicated space
During the previous year the Trustees suspended the search for suitable premises where classes, training, therapeutic work and teacher training could be conducted due to Covid-19. In view of the current financial environment and the international changes that have been made to the way teachers are trained the Trustees not to pursue this further.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

The events organised this year were as follows –

- A teachers Professional Development Day with Susan Long in September 2022
- A weekend course with Jayne Orton advanced teacher from Birmingham in October 2022
- Free classes were held in 6 locations throughout Essex to mark National Iyengar Yoga day in January
- A Yoga Day with Brenda Booth senior teacher from Kent, March

Two students continued to prepare to become teachers through the mentoring programme.

The Teachers' Support Group was taken place throughout the year.

Section D

Achievements and performance

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

- 1 Provision of workshops and yoga events – see above
- 2 Provision of advice and information about Iyengar Yoga to members of the public – see above

Section E

Financial review

Brief statement of the charity's policy on reserves

Opening balance at the start of the financial year £31,262
Balance Financial Year end £33,578

Reserves will be used to further charitable objects

Details of any funds materially in deficit

Not applicable

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Subscriptions were waived due to Covid-19. Trustees decided to continue without subscriptions for the future.

Section F Other optional information

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Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	S J Long	S J Percy
---------------------	----------	-----------

Full name(s)	Susan Jane Long	Stephannie Percy
---------------------	-----------------	------------------

Position (eg Secretary, Chair, etc)	Chair	Treasurer
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Date	May 2023
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CHARITY COMMISSION
FOR ENGLAND AND WALES

YENGAR YOGA CENTRE FOR ESSEX

1161362

Receipts and payments accounts

CC16a

For the period
from

Period start date
11/4/22

To

Period end date
31/3/23

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
EQUIPMENT	588 -0	-	-	588 -	-
WORKSHOP DONATIONS	5455 -0	-	-	5455 -	-
DONATIONS	230 -0	-	-	230 -	-
	-0	-	-	-	-
	-0	-	-	-	-
	-0	-	-	-	-
	-0	-	-	-	-
Sub total (Gross income for AR)	6273 -0	-	-	6273 -	-
A2 Asset and investment sales, (see table).					
	0 -0	-0	-0	-	-
	0 -0	-0	-0	-	-0
Sub total	0 -0	-0	-0	-	-0
Total receipts	6273 -0	-0	-0	6273 -	-0
A3 Payments					
EQUIPMENT	723 -0	-	-	723 -	-
FEES IYAKU	150 -0	-	-	150 -	-
HALL FEES	536 -0	-	-	536 -	-
TEACHER FEES	2065 -0	-	-	2065 -	-
OTHER	483 -0	-	-	483 -	-
	-0	-	-	-	-
	-0	-	-	-	-
	-0	-	-	-	-
	-0	-	-	-	-
Sub total	3957 -0	-	-	3957 -	-
A4 Asset and investment purchases, (see table)					
	0 -0	-0	-0	-	-
	0 -0	-0	-0	-	-
Sub total	0 -0	-0	-0	-	-0
Total payments	3957 -0	-0	-0	-	-0
Net of receipts/(payments)	2316 -0	-	-	-	-
A5 Transfers between funds	0 -0	-	-	-	-
A6 Cash funds last year end	28620 -0	2642 -	-	31262 -	-
Cash funds this year end	30936 -0	2642 -	-	33578 -	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	LLOYDS BANK	30936 -	2642 -	0 -
		-	-	-

IYENGAR YOGA CENTRE FOR ESSEX

England & Wales - Charity number 1161362

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day 01	Month 04	Year 2021		Day 31	Month 03	Year 2022

Section A Reference and administration details

Charity name

IYENGAR YOGA CENTRE for ESSEX

Other names charity is known by

IYCE

Registered charity number (if any)

1161362

Charity's principal address

154 Long Brandocks

Writtle

Chelmsford

Postcode

CM1 3JR

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Susan Jane Long	Chair		
2	Michael Paul Brown			
3	Claire Elizabeth Hanrahan	Secretary		
4	Sharon Murphy			
5	Michelle Galliano			
6	Nicola Jane Hollas			
7	Stephannie Percy	Treasurer		
8	Sandra Hitchcock			
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

--	--

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

--

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document <i>(eg. trust deed, constitution)</i>	FOUNDATION CONSTITUTION
How the charity is constituted <i>(eg. trust, association, company)</i>	CIO
Trustee selection methods <i>(eg. appointed by, elected by)</i>	ELECTED BY EXISTING TRUSTEES - MUST BE A QUALIFIED AND REGISTERED IYENGAR YOGA TEACHER

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

	IYCE REMAINED AN AFFILIATED CENTRE TO IYENGAR YOGA (UK), THE NATIONAL IYENGAR YOGA ORGANISATION
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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

	To advance public education and understanding of the classical teachings of all aspects of Iyengar yoga in Essex including the study and practice of therapeutic effects of yoga as a means of improving physical, mental, emotional and spiritual health.
--	--

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

1) To promote public education
Workshops and yoga events designed to provide an opportunity for students of various levels to learn, experience, and deepen their understanding of Iyengar Yoga were limited to online events due to Covid restrictions.

General information about Iyengar Yoga for members of the public and information about classes in Essex is available on the IYCE website. Information requested by members of the public was provided by email, text and telephone. It included advising individuals about appropriate classes taking account of their yoga experience, or lack of it, and any health problems they had. Individual students were provided with advice and information by email and telephone.

2) Provision of dedicated space
Trustees suspended the search for suitable premises where classes, training, therapeutic work and teacher training can be conducted in appropriately equipped premises due to Covid-19.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

The events organised this year were restricted due to the Covid-19 lockdowns.

- A workshop was held to celebrate National Iyengar Yoga day. This was taught by two of the Essex teachers, Nichola Hollas and Larane Sullivan
- Some of our teachers provided online classes

Two students continued to prepare to become teachers through the mentoring programme. Some of this work had to be done online due to the lockdowns but towards the latter part of the year face to face teaching was possible.

The Teachers' Support Group was able to operate in the second half of 2021.

Summary of the main achievements of the charity during the year

- 1 Provision of workshops and yoga events – see above
- 2 Provision of advice and information about Iyengar Yoga to members of the public – see above

Section E

Financial review

Brief statement of the charity's policy on reserves

Opening balance at the start of the financial year £30,863
Balance Financial Year end £31,262

Reserves will be used to further charitable objects

Details of any funds materially in deficit

Not applicable

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Gains from subscriptions £0 (Subscription fees were waived due to Covid-19)

Section F

Other optional information

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	S J Long	S J Percy
	Full name(s) Susan Jane Long	Stephannie Percy
Position (eg Secretary, Chair, etc)	Chair	Treasurer
Date	August 2022	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
IYENGAR YOGA CENTRE FOR ESSEY

No (if any)
1161362

CC16a

Receipts and payments accounts

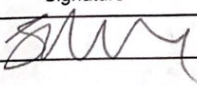
For the period from 1/4/21 To 31/3/22

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
DONATIONS	1198 -0	-	-	1198 -	-
EQUIPMENT	1646 -0	-	-	1646 -	-
FIRST AID COURSE	705 -0	-	-	705 -	-
	-0	-	-	-	-
	-0	-	-	-	-
	-0	-	-	-	-
	-0	-	-	-	-
Sub total (Gross income for AR)	3549 -0	-	-	3549 -	-
A2 Asset and investment sales, (see table).					
	-0	-0	-0	-	-0
	-0	-0	-0	-	-0
Sub total	-0	-0	-0	-	-0
Total receipts	3549 -0	-0	-0	3549 -	-0
A3 Payments					
AFFILIATED FEES	150 -0	-	-	150 -	-
EQUIPMENT	1221 -0	-	-	1221 -	-
HALL FEES	869 -0	-	-	869 -	-
TEACHER FEES	250 -0	-	-	250 -	-
FIRST AID COURSE	660 -0	-	-	660 -	-
	-0	-	-	-	-
	-0	-	-	-	-
	-0	-	-	-	-
	-0	-	-	-	-
Sub total	3150 -0	-	-	3150 -	-
A4 Asset and investment purchases, (see table)					
	-0	-0	-0	-	-0
	-0	-0	-0	-	-0
Sub total	-0	-0	-0	-	-0
Total payments	-0	-0	-0	-	-0
Net of receipts/(payments)	-0	-	-	-	-
A5 Transfers between funds	-0	-	-	-	-
A6 Cash funds last year end	28221 -0	2642 -	-	30863 -	-
Cash funds this year end	28620 -0	2642 -	-	31262 -	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	LLOYDS BANK	28620 -	2642 -	0 -
		-	-	-
		-	-	-

	Total cash funds	-	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
B2 Other monetary assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		STEPHANIE PERCY		

IYENGAR YOGA CENTRE FOR ESSEX

England & Wales - Charity number 1161362

Accounts



Trustees' Annual Report for the period

Period start date

From

Period end date

To

Day
01
Month
04
Year
2020

Day
31
Month
03
Year
2021

Section A

Reference and administration details

Charity name

IYENGAR YOGA CENTRE for ESSEX

Other names charity is known by

IYCE

Registered charity number (if any)

1161362

Charity's principal address

154 Long Brandocks

Writtle

Chelmsford

Postcode

CM1 3JR

Names of the charity trustees who manage the charity

Trustee name

Office (if any)

Dates acted if not for whole year

Name of person (or body) entitled to appoint trustee (if any)

Susan Jane Long
Chair

1

Michael Paul Brown

2

Claire Elizabeth Hanrahan
Secretary

3

Sharon Murphy

4

Michelle Galliano

5

Nicola Jane Hollas

6

Stephannie Percy
Treasurer

7

Sandra Hitchcock

8

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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name
Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser

Name

Address

Name of chief executive or names of senior staff members (Optional information)

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document
(eg. trust deed, constitution)

FOUNDATION CONSTITUTION

How the charity is constituted
(eg. trust, association, company)

CIO

TAR

ELECTED BY EXISTING TRUSTEES - MUST BE A QUALIFIED AND REGISTERED IYENGAR YOGA TEACHER

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

IYCE REMAINED AN AFFILIATED CENTRE TO IYENGAR YOGA (UK), THE NATIONAL IYENGAR YOGA ORGANISATION

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

To advance public education and understanding of the classical teachings of all aspects of Iyengar yoga in Essex including the study and practice of therapeutic effects of yoga as a means of improving physical, mental, emotional and spiritual health.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

1) To promote public education

Workshops and yoga events designed to provide an opportunity for students of various levels to learn, experience, and deepen their understanding of Iyengar Yoga were limited to online events due to Covid restrictions.

General information about Iyengar Yoga for members of the public and information about classes in Essex is available on the IYCE website. Information requested by members of the public was provided by email, text and telephone. It included advising individuals about appropriate classes taking account of their yoga experience, or lack of it, and any health problems they had. Individual students were provided with advice and information by email and telephone.

2) Provision of dedicated space

Trustees suspended the search for suitable premises where classes, training, therapeutic work and teacher training can be conducted in appropriately equipped premises due to Covid-19.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

The events organised this year were restricted due to the Covid-19 lockdowns.

- Our planned weekend in April with Jayne Orton was cancelled. We were able to reschedule it as an online event for 31 October and 1 November.
- Some of our teachers provided online classes

The three students continued to become teachers through the mentoring programme. Much of this work had to be done online due to the lockdowns.

The Teachers' Support Group was curtailed by the lockdowns in 2020 and 2021.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

- 1 Provision of workshops and yoga events - see above
- 2 Provision of advice and information about Iyengar Yoga to members of the public - see above

Brief statement of the charity's policy on reserves

Opening balance at the start of the financial year £30,203
Balance Financial Year end £30,863

Reserves will be used to further charitable objects

Details of any funds materially in deficit

Not applicable

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Gains from subscriptions £24 (Subscription fees were waived due to Covid-19)

Gains from donations £1172

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

S J Long

S J Percy

Susan Jane Long
Stephannie Percy

Chair
Treasurer

Position (eg Secretary, Chair, etc)

Date



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name (IYCE)
SYNGAR YOGA CENTRE FORRESSEX No (if any) 1161362

CC16a

Receipts and payments accounts

For the period from 11/4/20 To 31/3/21

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
EQUIPMENT	387 -	-	-	387 -	-
DONATIONS - WORKSHOPS	845 -	-	-	845 -	-
- GENERAL	307 -	-	-	307 -	-
- SUBS	24 -	-	-	24 -	-
TRAINING -	20 -	-	-	20 -	-
HALL - REIMBURSEMENT	358 -	-	-	358 -	-
	-	-	-	-	-
Sub total (Gross income for AR)	1941 -	-	-	1941 -	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	1941 -	-	-	1941 -	-
A3 Payments					
WORKSHOPS - TEACHER FEES	500 -	-	-	500 -	-
- REFUNDS	200 -	-	-	200 -	-
EQUIPMENT	78 -	-	-	78 -	-
ROYAL MAIL	353 -	-	-	353 -	-
MEMBERSHIP FEES	150 -	-	-	150 -	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	1281 -	-	-	1281 -	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	1281 -	-	-	1281 -	-
Net of receipts/(payments)	660 -	-	-	660 -	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	27561 -	2642 -	-	30203 -	-
Cash funds this year end	28221 -	2642 -	-	30863 -	-